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Pasta de moldar

Tour operator - Private customized tours - Sicily Wine & Cooking Under the Tuscan & Umbrian Sun Showing items 1 to 4 of 10A star rating of 4.7 out of 5.395 ratingsA star rating of 4.4 out of 5.96 ratingsA star rating of 3.9 out of 5.9 ratingsA star rating of 4.8 out of 5.28 ratingsPopular guides & articlesTune in to the latest episodes to hear our experts discuss all things food.By entering your details, you are agreeing to our terms and conditions and privacy policy. You can unsubscribe at any time.This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. DAS Wood é a nova argila de madeira para modelagem à base de água, com fibras de madeira macia. Versátil e inovadora, é uma pasta profissional para artistas, designers, artesãos, hobbystas e escolas. A facilidade de uso e gratificação tornam-na adequada para todos os níveis de habilidade.Auto-endurecível ao ar, essa pasta seca lentamente, permitindo a criação de esculturas resistentes e duradouras.Durante a fase de secagem, pode ser esculpida com goivas, espátulas e cinzeis e, após a secagem, decorada com tintas e vernizes. Ideal para trabalhos em baixo-relevo e redondo, sozinho ou em combinação com outros materiais como madeira, vidro e papelão. Perfeito para projetos de reciclagem e restauração. Este pacote contém 1kg de argila de madeira.Características Principais:- Argila à base de água com fibras de madeira macia- Auto-endurecível ao ar- Facilmente esculpível e decorável- Versátil para projetos de escultura, modelagem e decoração- Ideal para artistas profissionais, designers, artesãos e projetos escolares Real Estate Buying a historic house in Italy is not just a real estate choice: it means living in buildings that tell centuries of history, in villages where time seems to have stopped.If you are thinking about moving to Italy or buying a second home, and you are attracted by the idea [...] Real Estate, Tourism What if your future lies in a town everyone else has left behind? It's not a provocation, but a question that many foreigners are asking themselves when faced with an opportunity as unexpected as it is fascinating: buying a house in a ghost town in Italy. It can be a [...] Real Estate Moving to Italy with a pet means choosing the right city carefully. Some Italian locations offer ideal conditions for those living with dogs or cats, thanks to targeted investments in green areas, veterinary services, accessible transport, and an urban culture that is more attentive to animals. In these cities, walking [...] Real Estate Simple gestures measure life in Italy: a harvest done with hands dirty from the soil, the olive harvest with entire families working in the fields, and tasting the new oil on warm bread. Choosing to live near these excellences is not just about landscapes or personal taste: it is an [...] Real Estate In Italy, you can legally rent out your property on Airbnb—including a historic home—but there are specific rules you need to know. When it comes to setting up an Airbnb historic home in Italy, things can get a bit more complex. Renting to tourists typically falls into two main legal [...] Real Estate, Tourism Travel If you're thinking about moving to Italy with your horses or farm animals, you're probably wondering about the differences in regulations and management costs compared to your home country. Italy boasts a long equestrian and agricultural tradition, offering breathtaking landscapes and vast rural areas where you can find great real [...] Property for sale Investment Opportunity in Pienza, Italy A Charming Town with Year-Round Appeal Introduction Nestled in the heart of Tuscany, Pienza offers a rare opportunity to experience the quintessential Italian lifestyle. We are excited to present a spacious two-level property located in a historic building at the very center of town. Combining [...] Real Estate, Tourism If you are thinking about moving to Italy or spending some time here, English is quite widespread, especially in the larger and more touristy cities. In this article, we will try to understand if it's possible living in Italy without speaking Italian, and what are some phrases you need to [...] Real Estate The Italian real estate market can seem complicated if you don't know the language or local customs. In this article, I will guide you step by step, explaining everything you need to know about renting a house in Italy smoothly. If you want to familiarize yourself with the terminology of [...] Pasta is cooked by boiling in water for a few minutes, if fresh, or up to 15 minutes if dried. The required consistency is known as 'al dente' meaning 'firm to the bite'.Get inspired with our delicious healthy pasta recipes including pesto spinach penne and lighter spaghetti bolognese.The calories in pasta are mainly supplied in the form of carbohydrate, these are broken down by the body quickly which leads to an elevation in blood glucose (glycaemic effect). Refined pasta (white version) is richer in carbs and lower in fibre, and therefore tends to have a higher glycaemic effect.However, the number of calories in a portion, depends on the portion size and the effects on your metabolism will also be dependent on what you partner your pasta with.Aim for a portion 75g (dried weight) per serving.A 150g (cooked weight) portion of dried white pasta provides:219kcal/934kJ7.2g protein0.6g fat49.4g carbs0.9g sugars3.9g fibreWholemeal pasta contains almost 50% more fibre than white, with just one serving providing about a third of the recommended daily amount of fibre for adults.Refined white pasta is the most popular, however, eating too many refined carbs has been associated with an increased risk of a number of conditions. These include heart disease, stroke and type 2 diabetes.Wholeheat pasta is a better option, thanks to its higher fibre content - this will help to fill you up, support digestive health and lower the risk of the aforementioned conditions. That said if you prefer white pasta, fresh pasta, which has a higher protein content, has less of an impact on blood sugar levels than the equivalent portion of another popular carb, white rice.Wholegrain pasta is lower in calories and contributes more vitamins and minerals than the white, refined equivalent, making it a healthier choice.Recent research found that cooking pasta and then cooling it changes its carbohydrate structure, and increases a type of starch called 'resistant starch'. As its name suggests this starch is resistant to our digestive enzymes, which are responsible for breaking them down to release glucose - this normally causes an increase in blood sugar.According to scientist Dr Denise Robertson, from the University of Surrey, cooked-then-cooled pasta tastes more like fibre in the body. This creates a smaller glucose spike (resulting in better blood sugar control), helps to feed the good bacteria in the gut and also means you absorb fewer calories from the same quantity of pasta. Even more surprising, when the leftover pasta in the study was re-heated it became even richer in resistant starch, reducing the rise in blood glucose by an impressive 50%.Another study reported the consumption of pasta was associated with a better diet quality and improved nutrient intakes, with beneficial weight-related outcomes in females.There are a number of ways to make pasta healthier and more balanced, this includes:Choose fibre-rich wholemeal.Combine with protein and vegetables.Enjoy pasta as a side dish to a healthy protein;Re-heat to increase resistant starch.When eaten in moderation, pasta may form part of a balanced, healthy diet. However, conventional pasta is made from wheat and therefore contains gluten, this means if you have coeliac disease or non-coeliac gluten intolerance you should avoid regular pasta and look for products which are specifically labelled 'gluten free'. These alternative products may be made from brown rice, chickpea, green pea, lentils or buckwheat flour.If you experience a problem with digesting gluten-containing grains refer to your GP or registered dietician before making any significant dietary changes.Is peanut butter healthy?Is porridge healthy?Is halloumi healthy?Is couscous healthy?Is popcorn healthy?Is hummus healthy?This page was reviewed on 25 March 2024 by Kerry Torrens.Nicola Shubrook is a nutritional therapist and works with both private clients and the corporate sector. She is an accredited member of the British Association for Applied Nutrition and Nutritional Therapy (BANT) and the Complementary & Natural Healthcare Council (CNHC). Find out more at urbanwellness.co.uk.Kerry Torrens BSc. (Hons) PgCert MBANT is a registered nutritionist with a post graduate diploma in Personalised Nutrition & Nutritional Therapy. She is a member of the British Association for Nutrition and Lifestyle Medicine (BANT) and a member of the Guild of Food Writers. Over the last 15 years she has been a contributing author to a number of nutritional and cookery publications including Good Food. Follow Kerry on Instagram at @kerry_torrens_nutrition All health content on goodfood.com is provided for general information only, and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you have any concerns about your general health, you should contact your local health care provider. See our website terms and conditions for more information. Claudia Totiri/GettyPasta is usually made from semolina flour, which is made by processing durum wheat. It is a versatile, inexpensive and convenient option for dinner, making it a popular choice for many families. While most pasta is made from refined grains, you can choose from healthier options made with whole wheat or with added protein. Just keep your serving size to no more than 1 cup, and keep in mind some sauces can contain a lot of fat and calories.A 1-cup serving of cooked spaghetti pasta contains 200 calories, 7 grams of protein and 40 grams of carbohydrates, including 2 grams of fiber. The same size serving of cooked whole-wheat spaghetti contains 170 calories, 7 grams of protein and 35 grams of carbohydrates, including 6 grams of fiber. Whole-grain pasta contains the same amount of protein and more fiber but with fewer calories and carbohydrates, making it the healthier option.Article continues below this adBecause regular pasta is made with enriched flour, it contains more folate, thiamine, niacin and riboflavin than whole-wheat pasta, but both types of pasta are good sources of these nutrients. Whole-wheat pasta contains more vitamin B-6 than regular pasta. All of these B vitamins are important for turning your food into energy. Overall, regular pasta has more vitamins than whole-wheat pasta.Regular pasta contains more iron, but whole-wheat pasta contains more calcium, zinc, magnesium and phosphorus, so it is a better source of minerals than regular pasta. You need calcium for strong bones, zinc for proper immune function and healing, magnesium for muscle and nerve function and phosphorus for creating DNA and storing energy.Article continues below this adPasta is often considered a fattening food, but it is often what people put on top of pasta and the large servings people consume that lead to weight gain. The healthiest toppings for pasta include vegetable-based sauces. Adding extra chopped or pureed vegetables to your pasta sauce is an easy way to increase your consumption of vegetables, fiber and essential vitamins and minerals. Cream sauces are high in fat, saturated fat and calories, so you should limit your use of these sauces. Read The Post The history of pasta in Italy and all you need to know about pasta! or Nothing says Italy like its food, and nothing says Italian food like pasta. Pasta is an integral part of Italy's food history. Wherever Italians immigrated they have brought their pasta along, so much so today it can be considered a staple of international cuisine. Unlike other ubiquitous Italian products like pizza and tomato sauce, which have a fairly recent history, pasta may have a much older pedigree, going back hundreds -if not thousands- of years. Unraveling the long and often complex history of this dish we have to look at its origins and some of the myths surrounding it. 19th century Maccaronaro selling pasta What do you need to know about the history of Pasta in Italy? Many school children were taught that the Venetian merchant Marco Polo brought back pasta from his journeys to China (along with gelato, some believed...). Some may have also learnt that Polo's was not a discovery, but rather a rediscovery of a product once popular in Italy among the Etruscans and the Romans. Well, Marco Polo might have done amazing things on his journeys, but bringing pasta to Italy was not one of them: noodles were already there in Polo's time. The history of Pasta in Italy: drying pasta toward the beginning of 1900 There is indeed evidence of an Etrusco-Roman noodle made from the same durum wheat used to produce modern pasta: it was called "lagane" (origin of the modern word for lasagna). However, this type of food, first mentioned in the 1st century AD, was not boiled, as it is usually done today, but oven-baked. Ancient lagane had some similarities with modern pasta, but cannot be considered quite the same. The country will have to wait a few centuries for its most popular dish to make a further culinary leap forward. Like so much of southern Italian life, the Arabic invasions of the 8th century heavily influenced regional cuisine. Today, the presence of Arabic people in the south of the peninsula during the Middle Ages is considered the most likely reason behind the diffusion of pasta. Spaghetti (at the time called macaroni) drying in the streets of Naples, circa 1895 The modern word "macaroni" derives from the Sicilian term for kneading the dough with energy, as early pasta making was often a laborious, day-long process. How these early dishes were served is not truly known, but many Sicilian pasta recipes still include typically middle eastern ingredients, such as raisins and cinnamon, which may be witness to original, medieval recipes. This early pasta was an ideal staple for Sicily and it easily spread to the mainland since durum wheat thrives in Italy's climate. Italy is still a major producer of this hard wheat, used to make the all-important semolina flour. This is all part of the history of Pasta in Italy! Eating spaghetti in the street Let's get deeper into the history of Pasta in Italy! By the 1300s dried pasta was very popular for its nutrition and long shelf life, making it ideal for long ship voyages. Pasta made it around the globe during the voyages of discovery a century later. By that time different shapes of pasta have appeared and new technology made pasta easier to make. With these innovations, pasta truly became a part of Italian life. However, the next big advancement in the history of pasta would not come until the 19th century when pasta met tomatoes. Although tomatoes were brought back to Europe shortly after their discovery in the New World, it took a long time for the plant to be considered edible. In fact, tomatoes are a member of the nightshade family, and rumors of tomatoes being poisonous continued in parts of Europe and its colonies until the mid 19th century (check the history of tomato here). Therefore it was not until 1839 that the first pasta recipe with tomatoes was documented. However, shortly thereafter tomatoes took hold, especially in the south of Italy. The rest of course is delicious history. Pasta Today - the history of Pasta in Italy It is estimated that Italians eat over sixty pounds of pasta per person, per year easily beating Americans, who eat about twenty pounds per person. This love of pasta in Italy far outstrips the large durum wheat production of the country; therefore Italy must import most of the wheat it uses for pasta. Today pasta is everywhere and can be found in dried (pasta secca) and fresh (pasta fresca) varieties depending on what the recipes call for. The main problem with pasta today is the use of mass production to fill a huge worldwide demand. And while the pasta is made everywhere, the product from Italy keeps to time-tested production methods that create a superior pasta. The history of Pasta in Italy As part of the history of Pasta in Italy, let's see what you should know about the Italian dried pasta? There are roughly 300 different shapes and varieties of dried pasta in Italy, even more counting regional differences. Shapes range from simple tubes to bow ties (farfalle, which actually means "butterfly"), to unique shapes like tennis rackets (raccchette). Many, but not all of these types, are usually available wherever pasta is made. By Italian law, dried pasta must be made with 100% durum semolina flour and water, a practice that all but the worst quality pasta makers worldwide have since adhered to. However, there are two factors in dried pasta from Italy that make it typically better than most other products: extrusion and drying methods. Dried pasta, especially the more complex shapes (such as radiators) are designed for grabbing and holding onto sauces. Dried tube pasta (ziti or penne) often has ridges or slight abrasions on the surface to hold onto the pasta sauce as well. These ridges and bumps are created during the extrusion process when the pasta is forced from a copper mold and cut to the desired length before drying. These molds, while expensive and prone to wear, are favored for making the best-dried pasta. However, most producers worldwide use steel molds that produce pasta that is too smooth to hold onto sauce. Fortunately, more pasta makers outside of Italy are starting to use the older style copper molds. After the pasta is cut it must be dried using a process of specific temperature and time. This is another area where mass-produced pasta falls short of good Italian pasta made the correct way. The mass-produced kinds of pasta are dried at very high temperatures for a shorter time than quality pasta. Traditional pasta is allowed to dry slower, up to 50 hours at a much lower temperature. It is after the pasta is fully dried that it is packaged. The result is a product with a much better mouth-feel, quicker cooking time, and superior sauce-holding noodles. Another important side of the history of Pasta in Italy is the Italian fresh pasta! Essentially all pasta starts out as fresh pasta but some is made to be eaten "soft". Fresh pasta can be made with slightly different ingredients than the dried variety. Many northern regions of Italy use all-purpose flour and eggs while southern Italy usually makes theirs from semolina and water but it depends upon the recipe. Serving pasta that is made fresh that day shows a great deal of care in preparation and a high level of pride in the household's culinary skills. However fresh pasta is not inherently better than dried pasta, it is just different and is used in different situations. Some types of pasta are served only fresh, others only dried and some others can have fresh and dried versions. It is in this case that it can be argued that fresh is better than dried pasta. Fresh pasta has been made in households throughout Italy for generations but the region of Emilia-Romagna has the reputation of making the best. Here fresh pasta is often served with cream sauces or a simple sauce of butter and sage while light tomato sauces are reserved for the summer months. Following the simple but important rule of using fresh local ingredients, the Piedmontese serve their fresh pasta with a butter sauce covered with slices of decadent local black truffles. Wherever you are in Italy, being served fresh homemade pasta is a real treat as you can be assured that the pasta was made that day and will have a taste that will make you rethink notions of what good pasta is. Fresh Homemade Pasta Ph. depositphoto/NatashaBreen After the lessons on the history of Pasta in Italy, let's see how to buy and cook pasta the right way! When buying either fresh or dried pasta, look for a well-made brand that uses the best ingredients such as only semolina flour for dried pasta. The pasta should have a rough surface and not be too smooth, as smooth pasta will not hold onto the sauce. The noodles should be compact and heavy for their size in order to stay together when cooking. Remember to stay away from mass-produced cheap pasta, you will just be disappointed come dinnertime. For fresh pasta look for the expiration date on the package and take a good look at the pasta. If it looks cheap then it probably is, if the pasta feels heavy in the package and has a nice color and texture it is worth buying. Many Italian bakeries and groceries also make fresh pasta that will be better than anything you could find at a supermarket and you may even get a family sauce recipe as well. However remember not to overcook your pasta, the world's greatest sauce cannot save mushy pasta. It cannot be stressed enough, cook pasta until it is al dente, firm to the teeth yet tender. Many Americans cook pasta until it is too soft, a minute or two less of cooking time will give you authentic Italian pasta. Fresh pasta will take even less time to be cooked to perfection. Another key to perfect pasta is to use a large cooking pot and plenty of water; this will stop the pasta from sticking and will also ensure every inch of pasta will be cooked through. Some may also want to cook the pasta in the sauce right away. Don't forget to add plenty of salt to the cooking water before adding the pasta, good pasta almost never has salt in it so this is the only time it can be seasoned. Some people add a little olive oil to the cooking water to stop the pasta from sticking and while that works for larger pasta like lasagna it is not necessary if you use a large pot, plenty of water, and remember to stir the pasta. When draining the pasta remember to save about a cup of the water in the pot, this starchy water will add a little body to whatever sauce you choose. Never, ever rinse off the pasta after cooking unless you're making pasta salad. Washing off all that starch and salt will kill any flavor your pasta once had. When it comes to sauce it is really up to personal preference unless you are trying to follow a traditional recipe. A good rule is to remember simple pasta works best with simple sauces while complex-shaped pasta is ideal for thicker sauces. There is no shortage of great pasta and sauce combinations and each is worth trying. However, it is important that you use high-quality pasta cooked properly to ensure authentic flavor. As we've mentioned, pasta is one of the base food in Italy. Within this article, we wanted to show you everything that you should know about the history of pasta in Italy. How it started, evolved, and where is the pasta tradition now! If you're looking for some great traditional Italian pasta dishes, or you want to know about the 10 secrets about Italian pasta, make sure to check these articles out! By Justin Demetri Read also: Pasta shapesA type of pasta for every sauce Disponibilità: 18 Em stock Pasta de papel ideal para uso escolar e trabalhos manuais. Pronta para ser utilizada. Não deixa manchas. Embalagem com 680g. Disponibilidade: 2 Em stock Conjunto Pintar com Plasticinas - Crazy Monsters - Jovi Disponibilidade: 1 Em stock Conjunto de Modelagem 6 Peças Fama Disponibilidade: Sem stock Pasta de Modelar Branca Krea 1Kg A Pasta de Modelar Branca Krea 1kg é ideal para trabalhos manuais, pronta para utilizar e de secagem ao ar. Pode ser pintado ou envernizado. Molhar a mão antes de modelar. Conservar o não utilizado num saco plástico fechado. Disponibilidade: 1 Em stock Este é o conjunto perfeito para ter sempre por perto, se é adepto de escultura e modelagem. 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Não precisa cozer.f Disponibilidade: 10 Em stock Pasta de Modelar - Terracota - 1000Gr Primo Pasta mineral de modelar que seca ao ar sem cozer: (24H/1cm) textura fina e homogênea, fácil à alisar. Aplica-se sobre diferentes suportes madeira, cartão, terracota). A decorar com tintas a base de água, tintas acrílicas e/ou verniz. Os objetos realizados são sólidos e resistentes. Disponível em Branco ou terracota de 500g ou 1000g. Disponibilidade: 2 Em stock A pasta de modelagem, fibrosa à base de água e contém fibras naturais, mantém o seu formato perfeitamente, adequada para decorações 3D e estruturas interessantes . Após a secagem, pode ser pintado com acrílicos ou tintas. Ideal para a técnica de "modelagem cênica". Disponibilidade: 1 Em stock Conjunto de Modelagem 8 Peças Inart